

7am – Confession (Prayer meeting at 7am at Quest)

- 1. Identify the various things in your life that are out of line with a Holy God (sin).
- 2. Identify the broken things in our culture that you have to take responsibility for.
- 3. Recognize that all those sins are covered by the blood of Christ.
- 4. Submit yourself to the Lordship of Christ to lead you in the days ahead

8am – Seeking God's Face

- 1. Rattle off as many attributes of God that you can think of.
- 2. Magnify God's attributes with all of their implications for you.
- 3. Reflect on what it would be like to simply sit in God's presence.
- 4. Choose one of God's attributes and apply it to something in your life.

9am - Soften our Hearts & Convict us of sin

- 1. Ask the Lord to soften our hearts so that we can hear his voice.
- 2. Ask the Holy Spirit to convict us of any sins we may or may not be aware of.
- 3. Pray for the Lord to deliver us from sin and enable us to put our sin to death.
- 4. Pray for us as a church and individually to develop holiness, integrity, and godly character.

10am - Relationships and Conflict Resolution

- 1. Identify the five to ten most important relationships in your life.
- 2. Select two of those relationships where you have the most conflict.
- 3. Ask the Lord to help you see your part of the conflict.
- 4. Ask the Lord to give you wisdom as to how you can address the conflict and your part in it.

11am - Spiritual Empowerment (the Holy Spirit)

- 1. Confess your need for Christ to live His life through you by the power of the Holy Spirit.
- 2. Thank God that He desires to empower you to live the way He always intended you to live.
- 3. Give God thanks for all the circumstances in your life... even the hard ones.
- 4. Ask God to fill you with joy (a God focused settled-ness in the midst of turmoil).

12pm - Giving Thanks (Prayer meeting at 12pm at Quest)

- 1. Write down 10 things that you are thankful for and give praise to God for each one.
- 2. Give thanks to the Lord for the work of God in our lives in big and small ways.
- 3. Give thanks to the Lord for the people he has placed in our lives.
- 4. Thank God for the many ways He provides for us.

1pm - Children

- 1. Pray that children come to know God and grow in their relationship for Jesus.
- 2. Pray for our kids to have a heart of service and a desire to help others over themselves.
- 3. Pray for the hearts and influence of the staff and volunteers working with the kids.
- 4. Pray for bravery, courage and conviction to stand up for the good of Christ wherever they are.

2pm - Youth

- 1. Pray that teenagers to come to know God and grow in their relationship with Jesus.
- 2. Pray that the Lord would give families wisdom with how to support and guide students through the teenage years.
- 3. Pray that God would bring hope to students who are navigating life's challenges and brokenness.
- 4. Pray for the leadership team and volunteers. Ask for wisdom and guidance by the Holy Spirit on how to invest in teenagers and how to help them follow Christ.

3pm – Families

- 1. Pray that parents/grandparents and their children/grandchildren feel a deep need for God.
- 2. Pray for unity and understanding between parents and children.
- 3. Pray that parents actively fight back against the struggle to over-schedule and "keep up" with the world's unhealthy demands and expectations.
- 4. Pray that parents follow Christ's example in leading their children with wisdom, patience and persistence.

4pm – Community

- 1. Pray for our local schools, students, teachers and administrators: Pond Elementary, Babler Elementary and Wildwood Middle.
- 2. Pray for the Wildwood city leaders and first responders wisdom, safety and strength.
- 3. Pray for the healing of racial based tensions in Wildwood and St. Louis.
- 4. Pray that God moves in the hearts of those in our community and that Quest can be a place that feels loving, kind and safe for people on all walks of life.

5pm – Haiti

- 1. Pray for spiritual revival among the Haitian people.
- 2. Pray for the Haitian pastors on the island of La Gonave to lead with integrity and compassion.
- 3. Pray that the Lord would raise all the needed finances for us to rebuild the school among the poorest of the poor.
- 4. Pray for Robin and Beth Churchill who serve as missionaries with WISH on La Gonave.

6pm – Quest

- 1. Pray that the people of Quest would be unified in a way that honors God and encourages our community.
- 2. Pray that God would open doors and hearts in our community where we could exhibit the love of Christ.
- 3. Pray for the leadership of Quest to walk humbly with God and among the congregation.
- 4. Pray that we would seek God's face more than seeking His hand.

7pm – Praise (Prayer meeting at 7pm at Quest)

- 1. Identify all the eternal realities that come with Christ that overrule the temporal things of this world.
- 2. Reflect back to God all that is true about Him.
- 3. Find a gladness in your soul that God is the creator, sustainer, and redeemer of your life.
- 4. Understand that praise is the language of heaven and it is what we will do forever... start today!!